

Child Care Health Consultation Health Issue Training Lesson Plan

Contractor (LPHA) Name: Nodaway County Health Department

Date Submitted: July 30, 2019

Health and Safety Standards	Training Levels
<input type="checkbox"/> Promoting Risk Management Practices <input type="checkbox"/> Protecting Children and Youth <input checked="" type="checkbox"/> Promoting Physical Health <input type="checkbox"/> Promoting Mental Health <input checked="" type="checkbox"/> Promoting Healthy Eating	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

Title: Wellness Challenge 2.0

Learning Objective(s): Participants will

- Review monitoring physical activity & food intake
- Create food plans
- Identify foods to eat/serve more and/or less of
- Calculate Body Mass Index
- Identify chronic conditions that can be a result of obesity
- Identify body types and how excess weight affects different body types
- Receive resources to support achieving/maintaining healthy body weight

Topical Outline of Content	Resources Used
Icebreaker activity	www.myplate.gov
Introduction of topics/Objectives	www.heart.org
Physical activity—monitoring & incorporating into daily routines	www.cdc.gov
Food intake—monitoring, utilizing My Plate website, creating food plans	www.win.niddl.nih.gov
Evaluating food for nutritional value and caloric intake	www.diabetes.org
Planning, adopting, and managing healthier lifestyles	www.choosemyplate.gov
Body Mass Index—calculating, definitions of normal, overweight & obese	www.eatright.org
Chronic conditions resulting from obesity	
Body types—how fat is stored & damage it can cause based on body type	
Preventing problems & further disease development	
Seeking medical advice & resources	

Method(s) of Outcome Evaluation: Group discussion based Q & A, verbal responses to discussions, and demonstration of calculations

Health Issue Trainings are developed utilizing best practice references such as the “Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals” (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, “Caring for Our Children.” Consultants developing new lessons for Health Issue Trainings should use this template and submit to the CCHC Program Manager, for submission to the Missouri Workshop Calendar for Program approval. Health Issue Trainings already approved by the CCHC Program Manager and the MO Workshop Calendar are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.